



Questions to use to assess level of risk and to help decide where to refer

- Are there recent crises or stresses?
- Is despair/hopelessness being expressed by the person?
- Is the person receiving treatment for mental illness/emotional problem?
- Is there abuse of drugs or alcohol?
- Is there a family history of suicide?
- Have there been past suicide attempts?
- Are they thinking about suicide?
- Have they a suicide plan?
- Do they have access to means (e.g. gun)?

Medium to High Risk

Low Risk

- Multiple risk factors present (consider answers to the above questions)
- Active suicidal thoughts present

Low Risk DOES NOT MEAN No Risk

Agreeable to a referral at next possible time

REFER TO –

Acute Care Team (ACT) – Cairns
4226 3100
 Weekdays, Saturdays, Sundays and Public Holidays
 8.00am – 10pm

Outside of the above times, phone Cairns Base Hospital on **4226 0000** and ask for Acute Care Team

Child and Youth Mental Health (under 18) – Cairns
4226 3400
 Weekdays: 8.30am – 4.30pm
 Other times as per ACT

Weipa Hospital
4082 3900

Royal Flying Doctor Service
 (24 hours)
4040 0500

People rarely suicide in company – organise support and services.

In an emergency

Policelink.....131 444
Weipa Police.....4090 6000
Emergency (Police/ Ambulance/ Fire).....000

Mobile phones with no coverage.....112

Mapoon Primary Health Care Centre.....4090 9174

When making a referral, the following should be said:

“Hello, I’m from I have a person with me who is at HIGH RISK OF SUICIDE”.

Flowchart developed by -
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Adapted from the
FNQ Suicide Prevention Taskforce
Cairns Community Flowchart

Other options for referral and assistance

Cairns Adult Mental Health Service.....4226 3100
 Dads in Distress.....1300 853 437
 Elder Abuse Helpline.....1300 651 192
 headspace(Cairns).....4041 3780
 Mapoon Primary Health Care Centre.....4090 9174
 DV Connect Mensline.....1800 600 636
 Parent Line (8am–10pm 7days).1300 301 300
 Mental Health Carers ARAFM
 Qld Inc Supportline.....1800 351 881
 Pregnancy Counselling Link.....1800 777 690
 Qld Aids Council.....1800 177 434
 Relationships Australia.....1300 364 277
 Sexual Assault.....1800 010 120
 Weipa Probation and Parole.....4069 8129
 Western Cape College.....4082 9333
 Women’s Shelter Group.....4069 9272
 Women’s Shelter NPA.....4212 2200
 YETI.....4051 4927
 YouthLink.....4031 6179

24 hour referral services:
 13Health.....1343 2584
 Alcohol & Drug Information Service.....1800 177 833
 Beyondblue Supportline.....1300 224 636
 Child Safety Services.....1800 177 135
 Family Drug Support.....1300 368 186
 Kids Helpline.....1800 551 800
 Life Bereavement Support Service.....0439 722 266
 Lifeline Australia.....131 114
 Mens Line Australia.....1300 789 978
 Poisons Information Centre.....131 126
 Salvation Army.....137 258
 StandBy.....0459 299 147
 Suicide Callback Service.....1300 659 467
 Veterans Counselling Service.....1800 011 046
 Women’s Domestic Violence Helpline.....1800 811 811